

Monday	Tuesday	Wednesday	Thursday	Friday
ALTERNATE MENU OPTIONS: Cheese Omelet OR Chef Salad: Served with Soup or Salad & Dessert 				
				
4 Three Bean Soup 11 Virginia Ham Vegetable Medley Potatoes Pineapple	5 Cole Slaw Hamburgers Baked Beans Pasta Salad Brownie w/Ice Cream	6 Lentil Soup Chicken Pot Pie Mixed Vegetables Rice Pudding	7 Caesar Salad Bow Tie Pasta w/Italian Sausage, Tomatoes & Peppers Garlic Bread Honeydew	8 Minestrone Soup 1 Pasta w/Cauliflower, Lemon & Capers Green Beans Topped w/ Parmesan Cheese Pineapple
11 Mix Greens 12 Sautéed Beef Tips w/Mushrooms & Carrots Dutch Noodles Coconut Custard Pie	12 Beef Vegetable Soup 13 Baked Eggplant w/ Three Cheeses Broccoli Focaccia Apples	13 Garden Salad 14 Caprese Chicken w/ Spinach & Tomatoes Topped w/Mozzarella Parmesan Rice Cookies	14 Chicken Noodle Soup 15 Savory Meatloaf w/Gravy Mashed Potatoes Carrots Peaches	15 Spinach Soup 18 Roasted Chicken Cauliflower Mediterranean Pasta Salad Mandarin Oranges
18 House Salad 19 Quiche Lorraine Potato & Green Beans Salad Fresh Fruit	19 Navy Bean Soup 20 Pork Chops Scaloppini Peas & Carrots Rice Pilaf Pears	20 Cobb Salad 21 Old Fashioned Pot Roast Mixed Vegetables Potatoes Butterscotch Pudding	21 Escarole Soup 22 Broiled Salmon w/Horseradish Dill Sauce Brown Rice Sugar Snap Peas Cookies	22 Broccoli Soup 25 Kielbasa w/Sauerkraut Potatoes & Carrots Cantaloupe
25 Cole Slaw 26 BBQ Chicken Braised Greens Mac & Cheese Honeydew	26 Navy Bean Soup 27 Turkey Club Sandwich Tater Tots Vegetable Slaw Fruited Jell-O	27 Caesar Salad 28 Ravioli w/Meat Sauce Garlic Bread Zucchini Rice Pudding	28 Beef Noodle Soup 29 Grilled Chicken w/Pineapple Chutney Jasmine Rice Snow Peas Peaches	29 

Juice or 1% Milk Served Daily

Lunch is served at 12 noon. Pre-registration is required 48 hours in advance on MyActiveCenter.com or by calling WCSA at (203) 341-5097.

The Café Nutrition Luncheon Program is subsidized through State and Federal dollars. **The suggested donation for our lunch is \$5 - \$7.**

However, the actual cost to produce the meal is \$10. **Caregivers and guests under 60 years old are required to pay the full meal price of \$10.**

*Program sponsored by Catholic Charities of Fairfield County, Inc. Funded by: Southwestern Connecticut Agency on Aging
 State regulations mandate that food cannot be taken from the meal site. The only exception is that whole, fresh fruit may be taken home.*